



'People are the heart of our force'



Photo by Tech. Sgt. Joan Anderson-Brown

Gen. Ronald Keys, Air Combat Command commander, stressed the importance of keeping the Global War on Terror away from the homefront at Mission's End Tuesday night.

COMACC addresses Airmen, communities

By 2nd Lt. Candace Cutrufo

Public Affairs

The commander of Air Combat Command visited Whiteman this week to see how the base operates and to meet the people who make the mission happen.

During his four-day visit, Gen. Ronald Keys had an opportunity to see almost every area of the base. He visited people from the medical, maintenance, support and operations groups, as well as the associate units.

Though strong winds prevented the general from taking a B-2 flight, he was briefed on the bomber's low observable characteristics, munitions loads and operational capabilities.

The general spoke to more than 100 community representatives at the Base Community Council meeting at Mission's End Tuesday.

"The people are the heart of our force," the general said. "We have to make sure we keep this force dedicated, healthy and trained."

"Our job is to go and fight and win America's wars when called upon to do so," he said, stressing the importance of keeping the war on terrorism from entering our borders. "We want to play the away game because there's no advantage to playing the home game."

General Keys had breakfast with 16 Whiteman Airmen who recently returned from deployments in support of combating terrorism. They shared their

experiences with the general and ACC's command chief master sergeant, Chief Master Sgt. David Popp.

The general also participated in the family support center's ribbon cutting ceremony for the Discovery Resource Center. The ACC-funded program ensures Team Whiteman has access to a variety of resources for family development and military life issues, to help take care of Airmen's needs at home.

Chief Popp reinforced the need to nurture the people who take care of the mission at a Whiteman Tier 2 meeting.

"Airmen are our greatest national asset," Chief Popp said. "We need to make sure we take care of them and their families. That is how we will win this global war on terrorism."

"We realize that heavy deployments create sometimes difficult environments with low manning," the chief said. "We have home-base heroes that are accomplishing the mission with 40 percent staff."

General Keys said even though deployments cause stress and turbulence for our force, they are a necessary tool in maintaining our birthright of freedom.

"We're going to get those guys, it doesn't matter wherever we have to go, for as long we have to go," the general said. "(We will go) until you and I, our children and our grandchildren, walk out of this shadow of terrorism."

To Team Whiteman

Thank you for the way you showcased Whiteman's people and missions during Gen. Ronald Keys' visit. It was clear to me the commander of Air Combat Command was interested in and focused on how you provide a key part of America's striking power. I was impressed by your professionalism, sharpness and the honest feedback you gave to one of our top leaders. We were fortunate to have him visit so he could see how we provide ACC with combat air power and maintain Whiteman as a first-class installation.

— Brig. Gen. Chris Miller,
509th Bomb Wing commander

Flu vaccine now available to Airmen at clinic

The 509th Medical Group has received its first shipment of flu vaccine and is ready to vaccinate. At this time, flu shots are available only to active duty members and Tricare eligible high-risk civilians. Once the Medical Group receives adequate flu vaccine, a notice will be published in the *Spirit Times* announcing that the vaccine is available for all remaining Tricare eligible dependents, and retirees.

Throughout history, influenza has been one of the stealthiest combatants military forces have ever encountered. The outcome of almost every major military campaign has been decided by the health of the forces

— the side with the healthiest forces won. As a vital part of maintaining a fit, fighting force, the 509th Medical Group offers the 2005/2006 influenza vaccination program.

The flu vaccination is required for active duty members because influenza is a serious disease. It can incapacitate or degrade effectiveness of members for significant periods, thereby compromising mission capabilities.

The "influenza season" in the United States takes place October through May each year. Flu is caused by a virus that spreads from one infected person to the nose or throats of others, and can move

rapidly through groups of people in dormitories and work areas. Flu can cause fever, cough, sore throat, runny nose, headache, muscle aches, chills and fatigue.

According to the Centers for Disease Control and prevention, influenza kills about 36,000 people and hospitalizes more than 200,000 people each year in the United States. The single best way to prevent the flu is to get a flu vaccination each fall.

The following good health habits are also an important way to prevent the flu:

- Washing your hands often will help protect you from the virus that causes flu.
- Avoid touching your eyes, nose or

mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

■ Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

■ Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

For more details, contact the Immunizations Clinic at 687-4304 (*Courtesy of the 509th Medical Group Immunizations Clinic*)

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For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at: 509th BW/PA, 509 Spirit Blvd. Ste. 111 Whiteman AFB, Mo. 65305

Air Force Quiz

What should you NOT do during a UXO survey?

9er Line

Dial 687-3119 or e-mail
9r.Line@whiteman.af.mil

Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work.

Before calling the 9er Line, try to resolve your problem with the responsible base agency.

If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Chris Miller, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

Need a Wingman?

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866-395-4357

SECAF: 'You are each a national asset'

WASHINGTON (AFP) — *The following is a "Letter to Airmen" from Secretary of the Air Force Michael Wynne:*

"It is an honor to serve as Secretary of the Air Force, and I look forward to working alongside you in keeping our nation safe. Because of your dedication, skill and sacrifice, the U.S. Air Force gives an incredible array of options to the president — whether it is taking the fight to the enemy or providing humanitarian assistance to those in the wake of natural disasters. As individuals you are each a national asset and essential to accomplishing the Air Force's mission. As a seamless team, we are able to overcome any challenge.

In the past 14 years, the Air Force team has proven its mettle and skill every day. Since the days of Desert Shield and Desert Storm, our Air Force has been globally and continuously engaged in war. We must continue to show the same resolve and determination, in the global war on terror. It will be a long war, but one we will win.

Together, let's affirm that today's Air Force is joint, has a clear mission, and a set of goals to spur continued success. We have a leadership team consisting of the Chief of Staff, Gen. Mike Moseley, Under Secretary Dr. Ron Sega, Vice Chief Gen. John Corley, and Chief Master Sergeant of the Air Force Gerald Murray that has my total confidence as we together set the standard for performance within the larger defense family.

The core values — integrity first, service before self, and excellence in all we



Photo by Master Sgt. Jim Varhegyi

Secretary of the Air Force Michael Wynne recently shared his views of the Air Force with Airmen.

do — should continue to be internalized throughout the Future Total Force, and in our industry partners that we rely on for support. With these values translated into steady and unswerving resolve and actions, our Air Force will live up to the expectations of the nation.

Now, some personal viewpoints. I see the mission of the Air Force as:

Deliver sovereign options for the defense of the United States of America, and its global interests — in air, space

and cyberspace.

To do this, the Air Force must:

- Prepare for and participate in the joint fight, anywhere, anytime
 - Develop, maintain and sustain the warfighter edge
 - Provide motivated, ethical, accountable Air Force warriors
- Our goals in support of these mission elements include:

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Do you have character?

By Col. Gloria Twilley

509th Medical Group commander

We all have heard the expression, a man or woman is defined by their character, but what does that phrase really mean to you?

Perhaps the best way for me to explain the phrase is to explore the concepts that make up an individual's character. It's not the physical and superficial image; it's who you really are, what you stand for and what defines your moral compass.



Every day each of us have to make decisions, and it is through this decision-making process that we show those around us the quality of our character. The majority of the decisions we have to make are "no brainers." Deciding what we are going to have for breakfast is not going to test our character ... judgment maybe, but not character.

We celebrated Veterans Day Nov. 11, to honor the men and women who served before us for their patriotism, bravery, dedication and commitment to upholding the ideals and freedoms we enjoy today. None of the sacrifices they made could have been done without a "tall order" of character. Success in life — like combat — has always demanded a depth of character. Those who can reach deep inside themselves — and draw upon an inner strength, fortified by strong values — always carry the day against those of lesser character. All throughout our society you see immoral behavior: lying, cheating, stealing, divisiveness in the workplace, a lack of respect for human dignity and

the law.

We've recently seen examples of public figures who, for one reason or another, let their behavior taint their character. The true test of character comes when the stakes are high and when the chips are down, when you know the decision you are about to make may not be popular, but it must be made. That's when true character is exposed. The associations you keep, the peers you choose, the mentors you seek, the organizations you affiliate with, all help to define your character.

I believe a strong abiding character is what motivates many of us to serve our country honorably and nobly every day. I recently read some interesting statistics regarding the characteristics of the guards who guard the tomb of the Unknowns. For a member to apply for guard duty at the tomb, he must be between 5 feet 10 inches and 6 feet 2 inches tall and his waist size cannot exceed 30 inches.

Other requirements of the members: they must commit two years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform (fighting) or the tomb in any way.

The first six months of duty, a guard cannot talk to anyone, nor watch televi-

sion. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred.

After two years, the guards are given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guards must obey these rules for the rest of their lives or give up the wreath pin.

In 2003, as Hurricane Isabelle approached Washington, D.C., the U.S. Congress took two days off in anticipation of the storm. The ABC evening news reported that because of the dangers from the hurricane, the military members assigned the duty of guarding the Tomb of Unknown Soldier were given permission to suspend the assignment. They respectfully declined the offer, "No way, Sir!"

Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the tomb was not just an assignment, it was the highest honor that can be afforded to a service person. The tomb has been patrolled continuously, 24/7, since 1930.

My fellow Airmen, these characteristics define character in a resounding way. So, what of your character? Who are you? What do you stand for? The British writer and politician, Thomas Babington Macaulay (1800-1859), said, "the measure of a man's character is what he would do if he knew he never would be found out."

“The true test of character comes when the stakes are high ... when you know the decision you are about to make may not be popular ...”

- Transmit handheld radio within 25 ft
- Transmit car radio within 100 ft
- Move close
- 1) Touch or attempt to extinguish

Air Force Quiz answer

Newsline

Senior NCOs graduate

Seven Whiteman Airmen graduated from the Senior NCO Academy at Maxwell Air Force Base, Ala. Master Sgts. **Dale Spotten** and **Timothy Luke**, 509th Munitions Squadron, **Matthew Eubanks**, 509th Maintenance Operations Squadron, **Kenneth Meierhofer**, 509th Civil Engineer Squadron, **David Smart**, 509th Aircraft Maintenance Squadron, and Senior Master Sgts. **Glenn Cottrell**, 509th Maintenance Squadron, and **Jeffrey Romanowski**, 509th MUNS.

Food bank run scheduled

Enter a 5K food bank run at 11 a.m. today at the fitness center. The entry fee is a non-perishable food item.

Blood donations needed

The Whiteman Officers' Spouses' Club hosts a blood drive 10 a.m.-5 p.m. today at the community center. Free pizza and refreshments will be provided. For more details or for an appointment, contact Jennifer Belardo at mikeandjenbelardo@yahoo.com.

MedGp schedules holiday closure

The 509th Medical Group will close Saturday clinics Nov. 26. A Medicare provider-on-call will be on duty and can be reached at 687-2188. For urgent medical needs requiring an ambulance call 911.

Recycling pickup rescheduled

The pick up of recyclables in the Woodview section of base housing has been pushed to Nov. 25 because of the Thanksgiving holiday. For more details, call Pat Martinez at 687-2017.

Tree lighting location changes

Whiteman's annual Christmas tree lighting ceremony begins at 5 p.m. Nov. 30 at the B-2 static display near Mission's End.

Briefing rescheduled

Due to a high demand in pre-deployment briefings, the briefings will be held from 1 p.m.-2 p.m. Mondays, Wednesdays and Fridays from Monday-Dec. 16. No appointments are necessary. Spouses are encouraged to attend. For more details, call Tech Sgt. Karen Simpson at 687-7132.

Around the Air Force

AF stops short tour credit in Italy

RANDOLPH AIR FORCE BASE, Texas — The Air Force will discontinue the temporary exception to award short tour credit to Air Force personnel serving long tour assignments at Naples and Latina, Italy, effective Jan. 1, 2006. Airmen assigned to either location between March 1, 1996 and Dec. 31 will continue to receive the short tour credit. For more information on this change, call DSN 665-3815 or commercial (210) 565-3815.

Overseas troops no longer tax free

STUTTGART-VAIHINGEN, Germany (AFP) — Beginning Dec. 31, U.S. military members in Turkey will no longer be exempt from paying federal taxes. This terminates Turkey's certification as an area in direct support of Operation Iraqi Freedom, U.S. military officials in Europe said. This ends the benefit known as combat-zone tax exclusion.

Troops return from Baghdad, Gulf Coast

By Master Sgt. Bill Huntington
442nd Fighter Wing Public Affairs

Thirteen members of the 442nd Security Forces Squadron returned home just in time for Veterans Day after patrolling the streets in Baghdad's "green zone" for nearly two months.

Initially, the Airmen had headed for another country in the area of responsibility. Soon after arrival in the AOR, however, an event in the United States would take them in a new direction.

Following Hurricane Katrina's assault on the U.S. Gulf coast, a team of Security Forces Airmen from Louisiana serving in Baghdad's international zone were permitted to return home early. Their departure left an immediate need for replacements and the 442nd Airmen stepped forward to volunteer.

"All of the (SFS) teams were called in and the commander went down the line asking each team, 'Do you want to go?'" said Master Sgt. Louis Vallejo, the 442nd team's leader. "When he got to us, we said, 'yes.'"

"We were basically the international zone police."

— Tech. Sgt. Timothy Brock, 442nd FW

When they arrived in Baghdad, they were assigned duties patrolling the streets in a law enforcement capacity. "The job there was a little more challenging; it was not black and white," Sergeant Vallejo said of the variables of working the streets of Baghdad. "It was a little grayer because we were doing law enforcement and not air base defense."

The reservists, many in law enforcement in their civilian careers, quickly adapted and were soon on the beat both night and day.

"I worked nights for part of the time there," said Master Sgt. Robert Reeves, squad leader. "I'd get up, put on my gear and head out for patrol."

"We'd pick up our interpreters and go around the area and talk to people and



Courtesy photo

Staff Sgt. Elizabeth Helling, 442nd Fighter Wing, hands out candy to Iraqi children in Baghdad. Thirteen 442nd FW members returned last week.

see if they had any information about the insurgents," said Staff Sgt. Rafael Gonzalez, fire team member. "They gave good information if they wanted to talk with us. If they didn't want to talk, they'd say just 'yes' or 'no' and then just leave."

"We were basically the international

zone police," said Tech. Sgt. Timothy Brock, fire team leader. "We were responsible for anything that happened in the IZ ... any vehicle accidents, we responded to them ... any incident that happened and we would be dispatched

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Wing makes final CFC push

2005 campaign currently below donation goal

By 2nd Lt. Craig Towlson
509th Operations Support Squadron

As this week's frigid temperatures drastically dropped the mercury in our thermometers at Whiteman homes, the Combined Federal Campaign thermometer has climbed in the opposite direction.

Today marks the end of the last full week to contribute to the CFC. Only three more days remain to make a difference and donate to your favorite charity.

The CFC representatives extend thanks to all who contributed to this year's campaign. CFC helps to provide a caring and supporting environ-

ment in difficult times. It's a collaborative effort among all Team Whiteman federal employees that gives the opportunity to enhance the lives of people in your neighborhood, nation and world.

In 2004, Whiteman raised more than \$140,000 and achieved its goal; this contributed to the \$2.7 million raised by all federal employees in the Heartland CFC. In 2005, the bar was raised and rightfully so.

Currently, the wing is behind pace of the \$146,570 goal. Now more than ever charitable organizations need our help. Locally, over 300,000 people receive direct benefits from your giving each year.

CFC offers a consistently reliable way of supporting charities that matter to you most;

charities that are dedicated to assisting those that need your help.

It may be difficult to believe that you or your loved ones may need the help of one of the numerous charitable organizations. Many felt this way before Hurricane Katrina devastated the Gulf Coast.

Each unit CFC representative has distributed pledge cards. CFC representatives remind wing members that payroll deduction is an affordable and efficient way to give. It's a gift that keeps giving all year long.

Whether it's \$1 or \$1,000, all is directed to the specific charity the donor chooses. Take time to help others this year. Fill out your pledge card, help your favorite charitable organization and make this year's CFC a success.

Donate now

■ The CFC deadline is Wednesday. Contact your unit representative to donate.



Courtesy photo

Capt. Melissa Bailey, 509th Mission Support Squadron, adds another bar to the Combined Federal Campaign meter.

Para mi familia

Colombian Airman starts new life

By Senior Airman Joe Lacdan
Public Affairs

She left heaven, not because she wanted to, but because her family needed her to.

If Yaneth Alvarez had her way, she would still be sitting at her family's old brick home nestled between the Cordillera Occidental and the Cordillera Central mountains in the South American nation Colombia.

The 509th Medical Group staff sergeant would be in the town of Belen de Umbria, or as she calls it "el cielo en la tierra," or "heaven on earth."

But she knew as her grandparents, Gonzalo Alvarez and Carmen Tulia, grew older, their medical needs would grow too. Her family always had enough to eat, but Mr. Alvarez, who worked as a truck driver shipping coffee, fruits and meat to outlying cities, earned little income.

So at age 13, Sergeant Alvarez and her older brother joined her mother, Cielo, in the United States in the summer 1993 in the hopes of making a better living, and earning more to provide for her family in Belen de Umbria.

"Somebody has to look after my family," Sergeant Alvarez said. "That's my role."

Sergeant Alvarez said she has learned to embrace America and the opportunities given to latin americans. One day while attending Miami Senior High School in downtown Miami, Fla., she remembers one classroom discussion where students debated whether the United States treats Latin Americans fairly.

She said some latino students believe Latin Americans don't receive the same rights as Americans and "Norte Americanos" constantly discriminate against them. Sergeant Alvarez disagreed.

"If you're born humble," said Sergeant Alvarez, 26. "You learn to live humble. You don't need anything else."

Sergeant Alvarez said she felt nothing but gratitude toward her new country. So much that she decided to enlist in the Marines, but later decided on the Air Force because it



Photo by Senior Airman Joe Lacdan

Staff Sgt. Yaneth Alvarez, a native of Colombia, moved the U.S. in 1993 at age 13. She sends \$300 month to her family.

allowed her to attend basic military training sooner.

In the Air Force, Sergeant Alvarez built a career for herself that she said would never have been possible in Colombia.. She said that most Colombian women have few career opportunities and many will remain in the household.

"They cook and clean all day long," she said.

While working in health service manage-

ment at Elmendorf Air Force Base, Alaska, she was named U.S. Pacific Command's 2000 Airman of the Year.

"(America) gives me an opportunity as a minority female to succeed in a country that's not mine," said Sergeant Alvarez, who became a U.S. citizen in 1999. "I'm grateful because I've been able to provide my family with the basic needs any human being should have."

At Whiteman she was named a superior



Staff Sgt. Yaneth Alvarez has some fun with her cousin, Ana Cristina, in the Cordillera Mountains in Colombia, South America.



Courtesy photo

Staff Sgt. Yaneth Alvarez relaxes with friends in downtown Belen de Umbria, Colombia.

performer during the Nuclear Operational Readiness Inspection in October 2004.

"She's willing to go the extra mile," said Tech. Sgt. Sherry Odett, 509th MDG. "Everything she does is outstanding."

Despite her success, each night when she goes to bed, she longs for home.

Sometimes, Sergeant Alvarez imagines smelling fresh mangoes in the morning, children playing soccer in the roadways and hearing music from her neighbor's homes.

She keeps the Colombian flag with her, she calls home nearly every day and sends money to Belen de Umbria each month. Her grandparents, who she calls her "real parents," are especially important to her.

"They're the backbone of a strong and united family," Sergeant Alvarez said. "Without them, life wouldn't make sense. They made us who we are."

For now, she is content with her life in America. She is applying for an ROTC scholarship at the University of South Florida to study nursing. She plans to make a career out of the Air Force, retire and return to the valleys of Belen de Umbria.

When Sergeant Alvarez first came to Miami in 1993, her grandmother came with her. When Mrs. Tulia turned to board the taxi that would take her to Miami International Airport, then 13-year-old Sergeant Alvarez clung to her grandmother.

"I'll be gone in body, but not in spirit," Sergeant Alvarez said. "I will be back."



Courtesy photo

In the rural town of Belen de Umbria, houses can be seen scattered throughout the Eastern Colombia countryside, where the primary crop are coffee beans.



Sergeant Alvarez shares a somber moment with her grandmother, Carmen Tulia, during a recent visit. Sergeant Alvarez says her grandmother, a seamstress, and her grandfather, Gonzalo Alvarez, a truck driver worked long hours to provide for her and her extended family.

Whiteman honors heroes



Col. Eric Single, 509th Bomb Wing vice commander, and Chief Master Sgt. James Turner, 509th Maintenance Group, present Bill Willet, Warrensburg Veterans Home administrator, with an arial photo of the home Nov. 10 in honor of Veterans Day.



Courtesy photos

Airman 1st Class Aaron Morris, 509th Civil Engineer Squadron, talks with George Green during a recent FTAC visit to the Warrensburg Veterans Home.



Phyllis Calahan, Certified Nurse Assistant, explains the dietary needs of the residents to members of the First Term Airmen's Course.



Members of the Whiteman Honor Guard silently march during an "Afternoon at the USO" event. Volunteer Team Whiteman members provided entertainment, companionship and refreshments for more than 170 residents and staff members at the annual event Nov. 10.

COURT REPORT

In October, six Whiteman military members received punishment under Article 15, Uniform Code Military Justice, one was administratively discharged and one was tried by a summary court-martial.

Article 15

An airman first class from the 509th Bomb Wing received an Article 15 for signing a false official statement, misuse of his government travel card, and failing to pay a debt. Punishment was a suspended reduction to Airman Basic and 30 days extra duty.

A staff sergeant in the 509th Maintenance Operations Squadron received an Article 15 for misuse of a controlled substance. Punishment was a suspended reduction to senior airman and a reprimand.

A senior airman in the 509th Maintenance Squadron received an Article 15 for making a false official statement. Punishment was a suspended reduction to airman first class and restriction to base for 21 days.

An airman first class in the 509th Maintenance Squadron received an Article 15 for failing to go and dereliction of duty. Punishment was a suspended reduction to airman and restriction to base for 60 days.

An airman first class in the 509th MXS received an Article 15 for driving while intoxicated. Punishment was reduction to airman.

An airman in the 509th Security Forces Squadron received an Article 15 for making a false official statement and being absent without leave for two days. Punishment was a suspended reduction to airman basic and 14 days extra duty.

Discharges

An airman basic from the 509th Logistics Readiness Squadron received a general discharge for commission of a serious offense. The misconduct included wrongfully appropriating the property of several airmen, stealing and writing worthless checks.

Courts-Martial

Airman Richard T. Williams from the 509th SFS was tried and convicted by summary court-martial for multiple violations of the UCMJ including: Article 86, failing to go, Article 134, possessing an altered military identification card, and Article 134, communicating a threat. He was sentenced to 30 days confinement, reduction to airman basic and forfeiture of \$823 pay for one month.

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out.”

Sometimes their daily duties put them in the instructor’s role.

“We would also teach the Iraqi police to do the job too,” Sergeant Gonzalez said. “Sometimes we would do traffic control and we’d do ID checks.”

In general, the local populace seemed to appreciate the presence of the reservists.

“The Iraqi people there were very friendly and were generally happy we were there,” Sergeant Reeves said. “I made several Iraqi friends (including one man who) had not been allowed to get married under Saddam’s regime. He’s been married now and has a child.”

Even though the group faced risks and dangers from insurgents during the deployment, they were very positive about their time in the green zone.

“The morale was just great; and I know that the other twelve team members will say that too,” Sergeant Reeves said. “I was pumped the whole time; I enjoyed it.”

Sergeant Vallejo agreed with Sergeant Reeves’ assessment and summed up their experience.

“It was a good deployment,” he said. “We worked well together, everybody stepped up to bat and performed beyond expectations.”



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509th MUNITIONS SQUADRON-- Conventional Maintenance Shop: Bomb Builders



Data:

Joint Direct Attack Munition tail kit

- Guidance control unit for MK-84 and BLU-107
- Sized to fit MK-82
- Highly integrated tail kit enhances JDAM affordability
- Strakes provide maneuverable airframe and full jettison and release envelope

JDAM
Guidance Kit

MK Series
Warhead

Fuze

Body Strakes

GBU-31 v3 (2,000 pound penetrator)

GBU-31 v1 (2,000 pound)

GBU-38 (500 pound)

Data: Joint Direct Attack Munition

The Joint Direct Attack Munition -- or JDAM -- is a guidance kit that converts existing unguided free-fall bombs into accurately guided "smart" weapons. The JDAM kit consists of a new tail section that contains an Inertial Navigation System and Global Positioning System. In actual use these weapons have proved to be very accurate and highly reliable. They can be accurately delivered in virtually any weather conditions. JDAMs can be launched miles from the target and safely rely on the navigation system to update the weapon all the way to impact.

B-2 payload

- Eight- 5,000 pound munitions
- 16- 2,000 pound munitions
- 80- 500 pound munitions

Airman 1st Class Brandon Bloesch uses a wrench to tighten a noseplug on a MK-82 500 pound munition as Senior Airman Jeffery Warren keeps the weapon from moving. Members of the 509th Munitions Squadron, conventional maintenance shop are responsible for building all of the conventional weapons in the B-2's arsenal. During exercises and real world situations this 22 person team can assemble more than 80 bombs in less than three hours. The bomb builders assemble everything from the Joint Direct Attack Munitions tailkits to the fuses and nosecones of each weapon.

Bomb basics

A conventional bomb consists of some explosive material packed into a case with a fuze mechanism. The fuze mechanism has a triggering device -- typically a time-delay, an impact sensor or a target-proximity sensor -- which sets the bomb off. As the trigger goes off, the fuze ignites the explosive, resulting in an explosion. The pressure and flying debris destroy surrounding structures.

A "dumb bomb" is dropped from an airplane without further guidance. The bomb is considered "dumb" because it simply falls to the ground without actively steering itself. A bomber might have to drop dozens, or even hundreds of dumb bombs to take out a target effectively.

"Smart bombs," by contrast, control their fall precisely in order to hit a designated target dead on.

A smart bomb is essentially a dumb bomb with a few major modifications. In addition to the usual fuze and explosive material, it has:

- an electronic sensor system
- a built-in control system (an onboard computer)
- a set of adjustable flight fins
- a battery

When a plane drops a smart bomb, the bomb becomes a particularly heavy glider. It doesn't have any propulsion system of its own, like a missile does, but it does have forward velocity (by virtue of being dropped from a speeding plane). It also has flight fins that generate lift and stabilize its flight path.

Airman Cassandra Hathaway, 509th Munitions Squadron, installs a fuze in a MK-82. The MK-82 is a 500 pound bomb that can be converted to a Guided Bomb Unit-38 with a Joint Direct Attack Munition tail kit.



By Staff Sgt Neo Martin

WYNNE, from Page 2

■ Foster mutual respect and integrity

This applies across the entire future total force, and asks that each of us be accountable to this standard.

■ Sustain air, space and cyberspace capability

This applies to human assets, fostering professional and advanced education as well as addressing the continuing aging and obsolescence of our equipment.

■ Provide persistent situation awareness

This applies to the battlefield, and airspace, and also extends to cyberspace, maintenance, logistics, and business. Knowledge enabled actions are better.

■ Joint and battle ready trained Air-

men

We must train as we fight, and that will be joint. We must be as ready to be in firefights in all of our battle areas, and in support of our joint partners.

■ Continue to improve the total force quality of life

While maintaining clear military goals, improving quality of life allows mission focus. Fostering mutual respect and support is the cornerstone.

■ Open, transparent business practices, clean audit

Provide the ability and oversight where we are recognized as the best in class in business and management operations, throughout the total air force.

■ Foster lean processes across the total Air Force.

Lean is about highest quality, and husbanding resources; from completing BRAC actions, to flight line operations and inventory. We all can contribute.

In summary, knowledge enabled actions with an accountable airmen ethic

Together with General Moseley and other senior leaders, I will work hard to address these issues and to ensure you have the tools you need. Meanwhile, I have no doubt that you will continue to keep America's Air Force the greatest air, space and cyberspace force in history, and an important part of the joint team defending our country.

Thanks to all of you currently serving in our nearly 700,000 strong.

Healthy hints for a happy holiday

Remember, eating right reels in rewards for you and yours

The average American gains five pounds between Thanksgiving and New Year's — but you don't have to. While trying to lose weight during a season of cocktail parties and lavish feasts may not be realistic, you can maintain your weight — and come out of the holidays without feeling as stuffed as your Thanksgiving turkey. Here are a few simple guidelines for healthy holiday eating from the Duke Diet and Fitness Center:

Don't try to diet. Your goal should be to maintain weight, not lose it.

To avoid indulging in high-fat fast food when your days become hectic, pre-plan several quick, healthy meals and have them readily available for reheating.

Don't try to cut out high-fat holiday favorites like eggnog and candied sweet potatoes. Instead, choose small portions and fill your plate with lower fat choices, such as apples, cranberry dishes, baked squash, pumpkin, breads and pastas.

Eat something before going to an event with alcohol. The effects of alcohol are felt much more quickly on an empty stomach and can lead to overeating and overdrinking. Also try to drink one glass of water before each glass of an alcoholic beverage.

Center entertainment around non-food events such as ice skating, renting a holiday movie or singing carols. Offer to bring a favorite low-calorie dish to holiday parties, so you know there will be at least one "safe" item available. Arrive fashionably late and stand far away from buffets so you're not tempted to nibble constantly. Instead, indulge in conversation.

Make the effort to continue a regular exercise program, even in the midst of holiday bustle. It's your key to maintaining good health and a healthy weight.

Use fiber

Increasing fiber leaves less room for fat.

Fiber will fill you up.

Beans and lentils are great in casseroles, soups, stews, dips.

Fiber may also aid in lowering cholesterol levels.

Fruits and vegetables supply fiber, they are good sources of vitamins minerals as well.

Replace white rice with unrefined rice.

Add whole wheat flour to recipes using white flour - one pound whole wheat flour equals about 14 ounces of white flour.

Taking the fat out of cooking

■ Cook the stuffing outside the bird — no fats to drip on the stuffing.

■ Don't fry foods — try steaming, boiling, stewing, baking, stir-frying.

■ Use tomato juice or low-sodium V-8 to cook with. Fruit juices apple, orange, or grape, especially appropriate for sauteing onions and garlic.

■ When cooking without fat; use lower heat, stir more often, use enough liquid and watch closely.

■ In baking - two egg whites will replace one egg, or use egg substitutes.

■ Substitute 3/4 tablespoons of oil instead of butter. (use polyunsaturated or monounsaturated)

■ Replace fats/oils in baking by using fruit purees like, prune, apple sauce.

10 tips for healthy holiday eating

1. Be realistic. Don't try to lose pounds during the holidays, instead try to maintain your current weight.
2. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
3. Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.

4. Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
5. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions.
6. Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
7. If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie.
8. Take the focus off food. Turn candy and cookie making time into non-edible projects like making wreaths or decorations. Plan group activities that aren't all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.
9. Bring your own healthy dish to a holiday gathering.
10. Practice healthy holiday cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.

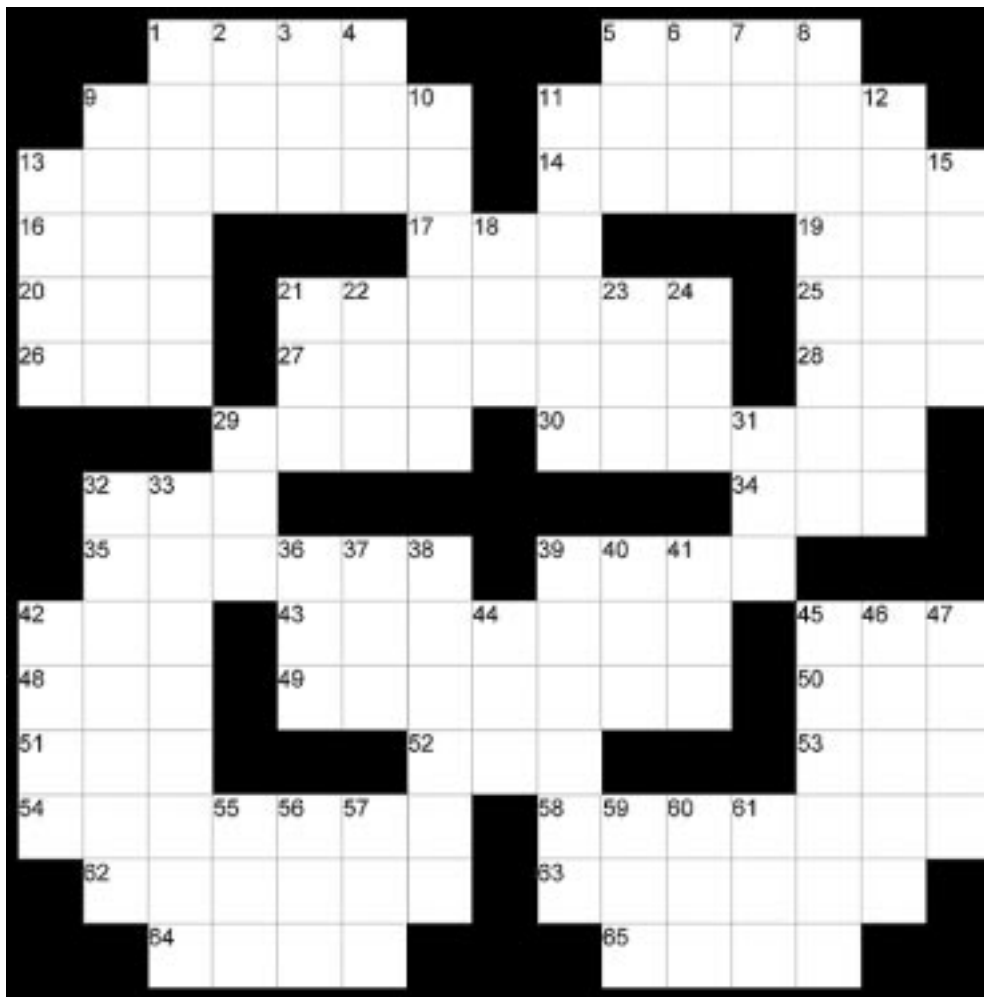
Native Americans in uniform

ACROSS

1. Liberty ____
5. Layman
9. Native American MoH recipient Capt. Raymond ____ (Korea)
11. Sail material
13. Angst
14. Try
16. Popeye's gal Olive
17. ____ Arbor, M.I.
19. American Architect I.M. ____
20. Grant's opponent
21. Native American MoH recipient Lt Van T. ____ (WWII)
25. Prohibit
26. Langley AFB time zone
27. Without offenses
28. Before, poetically
29. God of War
30. Elastic
32. ____-fi genre
34. Ancient
35. Swarm
39. Egyptian river
42. ____-lai
43. Perform again
45. Native American MoH recipient Cpl Mitchell ____ Cloud, Jr. (Korea)
48. Engine need
49. Develops
50. Biblical first woman
51. &
52. Letters on food packaging; vitamins %
53. Football great Marino
54. Desiring
58. Lingo
62. Half-asleep
63. Pacific, Atlantic and Indian
64. Pack away
65. Record

DOWN

1. Dance type



2. Important time
3. 56, to Julius Caesar
4. Mil. pay statement
5. Long, opposite
6. Picnic pest
7. ____ Got a Secret
8. U.S. Senator Ben Nighthorse ____; Korean War veteran
9. Native American Ira ____; flag raising participant on 56 DOWN
10. Desires
11. Native American boats, once
12. Impaled
13. Spy
15. Wear out
18. Brett Favre's org.



Nov. 11 answers

21. Scout's org.
 22. Plane or bag lead-in
 23. Stillwater, Okla. school
 24. Kitchen meas.
 29. Russian space station
 31. American writer Edgar Allen ____
 32. Tarnished
 33. Native American MoH recipient Lt. Ernest ____ (WWII)
 36. Mining goal
 37. West. state
 38. Native American MoH recipient PFC Charles ____ (Korea)
 39. Code Talker tribe of WWII
 40. Frozen water
 41. O-1s or O-2s
 42. ____ or Arc
 44. European country (ISO country code)
 45. Construct again
 46. Native American MoH recipient CDR Ernest E. ____ (WWII)
 47. Lairs
 55. Speck
 56. ____ Jima, site of 9 DOWN's famous flag raising
 57. Australian prov.
 59. Perform
- *Capt. Tony Wickman, Alaskan Command Public Affairs*



Services Page editor.....Poppy Artherton
 509th Services Squadron.....687-7929
 *No federal endorsement of mentioned sponsors intended.

Sports & Recreation

Outdoor Recreation

687-5565

Ski weekend

Outdoor recreation is offering a great trip to Welch Ski Resort, Minn. The trip takes place 8 a.m. Jan. 13 - 9 p.m. Jan. 15. Lodging will be bunkhouse style and participants will be able to fit in one-and-a-half-day's skiing. The cost is \$145 which includes lodging, transportation, lift pass and ski rental. There will also be a brief trip to the Mall of America on Jan. 15 before starting the journey home. Sign up by Dec. 20, places are limited so hurry.

Fitness Center

687-5496

5K food bank run

Get ready for the holiday season by burning a few calories with a 5K run. The run starts at 11:30 a.m. today. Entry fee is one, non-perishable, Thanksgiving food item which will go toward the First Sergeants' Group's Operation Warm Heart.

Information and Tickets

687-5565

Entertainment coupon books

Coupon books for Kansas City and Branson, Mo., are now available from tickets and travel. The books cost \$25 each and offer great savings and discounts on restaurants, museums and activities. Stop by the new location in the outdoor recreation facility.

Great American race weekend

Discount tickets available to the Hershey's Kissables 300 on Feb. 18 and Daytona 500 on Feb. 19. Packages start at \$102.25 with Nextel* Fanzone passes available for \$75. Tickets available now through Dec. 23. Stop by for more details.

Food & Fun

Mission's End

687-4422

Comedy night

Fresh from shows in Las Vegas, Pasadena, Calif., and Pittsburgh, Todd Paul will be putting on his stand up show at Mission's End 8 p.m. today. Tickets are \$15 for members, \$20 for nonmembers.

Thanksgiving closure

Mission's End will be closed Thursday and Friday until 3 p.m. for Thanksgiving.

Community Activities

Arts and Crafts Center

687-5691

Stained glass supplies sale

Receive 20 percent off all stained glass supplies during November at the arts and crafts center.

Stained glass panel class

The stained glass panel class meets 6-9 p.m. every Thursday at the arts and crafts center. The class is open to beginners through advanced participants, sign ups are ongoing and the class lasts six weeks. The cost is \$45 which does not include supplies.

Advanced jewelry class

A two-session class starts 9 a.m. Nov. 29 at the arts and crafts center. The \$35 cost does not include supplies.

Family Child Care

687-1180



Family Child Care provider of the month

Alicia Timmons, thank you for providing Extended Duty Care during the last GENEX Exercise.

Extended duty care

Register now for the extended duty care program. It is available to help parents meet child care requirements for extra duty hours and child care emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements. An application must be completed prior to participation. Call for more details.

Base residents

Quality child care for military families is an important concern. Guidelines in Air Force Instruction 34-276, Family Child Care Programs, requires anyone providing in-home child care for 10 hours or more a week on a regular basis to be licensed. If you are currently unlicensed, you must cease care and apply for a family child care license. Call for more details.

Child Development Center

687-5588

Drop-in care

The child development center can provide drop-in child care for all ages on a space available basis for \$3 per hour.

Child care and program places

The Tuesday and Thursday morning developmental enrichment pre-school program has openings for 3- to 5-year-olds. There are also several openings for full-time care for 3- to 5- years-old. Contact the child development center for more details.

Teen Center

687-5819

Club Tech

Club Tech offers the chance for teens to learn and practice website design, newsletter layouts and computer languages. These skills are becoming more and more important to employers so this is a good chance to get ahead of the competition. The club meets 5-6 p.m. Mondays during November.

Keystone club

Keystone club meets 6-7 p.m. every Tuesday at the teen center. Teens can get involved in planning, organizing and coordinating the programs that they enjoy.

Petra rock climbing and dinner

Teens can join the TRAIL trip to Springfield for a day of rock climbing 10 a.m.-10 p.m. Saturday. The center has a variety of walls at various levels of difficulty. Teens will learn to climb these obstacles individually or as a team effort. The group will stop for dinner on the return journey. The trip costs \$10 and participants will need extra money for dinner.

Youth Center

687-5586

Pre-teen scene bowling trip

Pre-teen scene, for children ages 10-12, is spending the evening at the Stars and Strikes bowling center 6-9 p.m. Saturday. Parents will need to drop children off and pick them up from the bowling center. The cost is \$7 for members and \$9 for non-members, which includes three games and bowling shoes. Extra money will be needed for snacks.

Pre-teen scene lazer tag

Sign up now for the 9-12 year olds lazer tag trip to Kansas City, Mo. The trip takes place 10 a.m.-5 p.m. Dec. 3 and costs \$4 for members and \$5 for nonmembers. Extra money for dinner after the games will be needed.

Community Center

687-5617

Science in action

Learn more about the everyday science around us, make some gloop, see through the eyes of a peacock, make a colorful butterfly and blow up a balloon without using your breath. A free, fun science session for children ages 5-13, 1-2 p.m. Saturday at the community center.

Adopt an Airman

Share the holiday spirit and make a new friend by inviting an Airman into your home to share Thanksgiving dinner with you and your family. Airmen and hosts should sign up by Tuesday to be paired up.

Base Tree Lighting
at the B-2 Display
by Mission's End Club
Nov. 30
5pm

Followed by a
Holiday Open House *at the*
Community Center *at 5:30pm*

Music * Punch & Cookies
 Visit & Gifts from Santa
 (so bring your camera)
 Trim the Community Center Tree
 Children's Bingo at 6pm
 Ornament Making
 Please furnish one non-perishable food item for the Food Pantry per ornament made

Library

687-6217

Story time

Story time for pre-schoolers takes place every Wednesday at 10 a.m. 3-to-5-year-olds can listen to a story or take part in a craft activity at the library. There is also the library's dial-a-story program with a new story every week. Available 24 hours-a-day by calling 687-6255.

Test preparation

Test preparation guides and practice exams are available from the library and online at www.WhitemanAFBLibrary.org. The guides available include both College Level Examination Program and DANTES exam guides and recommended textbooks. For more information, call the base library.

Veterinary Clinic

687-2667

Preventatives and products

Owners have a responsibility to take care of their pets to thank them for the trust and unconditional love which many furred, feathered, scaled or finned friends place in humans. The vet clinic has wide range of preventatives, products and services which help extend the life of pets and keep them in good health all year round.

Sports at Mission's End

College Football
Saturdays noon-6 p.m.

Sunday Ticket Football
11am-6pm. Club members only.
Giveaways, prizes and a chance to attend the Super Bowl or a Monday Night Football Game!

Hockey at its best EVERYDAY!!
Up to 40 non-televvised games weekly

11 Plasma Screens and a 24-foot Big Screen